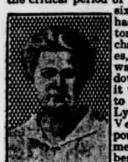
THAT CHANGE IN **WOMAN'S LIFE**

Mrs. Godden Tells How It May be Passed in Safety and Comfort.

Fremont, O.—"I was passing through the critical period of life, being forty-six years of age and had all the symp-toms incident to that



change-heat flashes, nervousness, and was in a general run down condition, so it was hard for me to de my work. Lydia E. Pinkham's Vegetable Compound was recon nended to me as the

best remedy for my troubles, which it surely proved to be. I feel better and stronger in every way since taking it, and the annoying symptoms have disappeared." — Mrs. M. Godden, 925 Napoleon St., Fremont, Ohio.

poleon St., Fremont, Ohio.

Such annoying symptons as heat flashes, nervousness, backache, headache, irritability and "the blues," may be speedly overcome and the system restored to normal conditions by this famous root and herb remedy Lydia E. Pinkham's Vegetable Compound.

If any complications present themselves write the Pinkham Medicine Co., Lynn, Mass., for suggestions how to overcome them. The result of forty years experience is at your service and your letter held in strict confidence.

Profiteering

"These ples are stale." "So they are, but we can't afford to brow them away."

"What would you suggest?" "Put 'em down on the bill of fare as liberty pies. That will make a patron think twice before starting to bellow." -Birmingham Age-Herald.

The Idea.

"How are the charges from war baloons fired?"

"I suppose from the parachutes."

Influenza and kindred diseases start with a cold.

Don't trifle with it. At the first shiver or sneeze, take





material to a diet and their use will help in many ways in the preparation of palatable, nourishing dishes from those foods of which there is an abundance."

Booklet of Choice Recipes Sent Free. WALTER BAKER & CO.

DORCHESTER - MASS.

KIDNEY T CAUSES

of the kidneys and blace.

It has stood the test of are and has a reputation for quickly all effectively giving results in thousands of cases.

This preparation so very effective, has been placed on sale everywhere. Get a bottle, medium or large size, at your nearest druggist.

However, if you wish fort to be the large size and the sale and

However, if you wish first to test this preparation send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing be sure and mention this paper.—Adv.

Doubling Up on Him.

"Hey! Come down, there-yer pinched! We dy'e think you are, anyhow? Barney Oldfield?" "No, sir," replied the frightened mo-

torist, "but I was—" "Yes, I know. You was makin' 52 for the men.

miles an hour. What d'ye mean?" "Well, sir, I was arrested back there about two miles by that officer just going over the hill on that motorcycle. He said, 'Follow me, and hurry up,' and that's what I was doing when you got me."-Kansas City Star.

Catarrh Cannot Be Cured
by Local APPLICATIONS, as they
cannot reach the seat of the disease.
Catarrh is a local disease, greatly influenced by constitutional conditions. HALL'S
CATARRH MEDICINE will cure catarrh.
It is taken internally and acts through
the Blood on the Mucous Surfaces of the best tonical known, combined with some of the best blood purifiers. The perfect combination of the ingredients in HALL'S CATARRH
MEDICINE is what produces such wonderful results in catarrhal conditions.

Druggists 75c. Testimonials free.
F. J. Chency & Co., Props., Toledo, O.

The Real Article. "I'm a very busy man, sir. What is

your proposition?"

"I want to make you rich." "Just so. Leave your recipe with me and I'll look it over later. Just now I'm engaged in closing up a little deal by which I expect to make \$3.50 in real money."—Brooklyn Citizen.

Examine carefully every bottle of CASTORIA, that famous old remedy for infants and children, and see that it

Bears the Signature of Hillichies
In Use for Over 30 Years.
Children Cry for Fletcher's Castoria

Childlike Complaint.

Small Giri (sobbing)-Oh, mamma, I want some more ple and I'm so full that I can't crowd down another mouth-

Dr. Pierce's Pleasant Pellets put an end to sick and billions headaches, constipation, dizzi-ness and indigestion. "Clean house." Adv.

In Society.

"My husband moves among the best families here." "That so?"

"Yes, he's the leading furniture mover of the town."

UPSET STOMACH

PAPE'S DIAPEPSIN AT ONCE ENDS SOURNESS, GAS, ACIDITY, INDIGESTION.

Don't stay upset! When meals don't fit and you belch gas, acids and undigested food. When you feel lumps of indigestion pain, flatulence, heartburn or headache you can get instant relief.



No waiting! Pape's Dispepsis will put you on your feet. As some as you eat one of these pleasant, harmless tablets all the indigestion, gases, acidity and stomach distress ends. Your druggist sells them. Adv.

Good Hearted.

"He is very generous; he is always giving away cigars." "Yes; he seems to have a tobacco heart."

United States keeps a three-months supply of semy food in France.

WEAK KIDNEYS MEAN A WEAK BODY

upon which good health and good spirits so much depend, are impaired. The weak spot is generally the bladder. Unpleasant symptoms show themselves. Painful and They for annoying complications in other organs arise. This is particularly true with elderly people. If you only know how, this tromble can be obviated.

For over 200 years GOLD MEDAL lianslem Oil has been relieving the inconvenience and pain due to advancing years. It is a standard, old time home in the loins in the home. remedy, and needs no introduction. It is now put up in educion, tasteless capsules. These are easier and more pleasant to take than the oil in bottles.

When you're fifty, your body begins to creak a little at the hinges. Motion is more slow and deliberate. "Not so young as I used to be" is a frequent and unwelcome thought. Certain bodily functions are more which could be added to be and allied or the bladder, kidney, liver, stomach and allied or the bladder.

GOLD MEDAL Haarlem Oil Capsules cleanse the kidneys and purify the blood. They frequently ward off attacks of the dangerous and fatal discusses of the kidneys. They have a beneficial effect, and often completely cure the discuss of the bodily organs, allied with the bladder and bedieves.

If you are troubled with soreness across the loins or with "simple" aches and pains in the back take warning, it may be the preliminary indications of some dreadful malady which can be warded off or cured f taken in time.

Each capenie contains about one dose of five drops. Take them just like you would any pill, with a small swallow of water. They seak into the system and throw off the povents which are making you old before your time. They will quickly relieve Accept No Substitutes.—Adv.

NNESSEE

Epitome of Interesting Events That Are Transpiring Over the State & &

Newbern.-The ban arainst public meetings, including public schools, churches and picture shows, in New bern has been lifted here.

Dyersburg.-County Agent W. G. Wilson announces a competition for the corn and pig club boys of the county, to be held in Dyersburg Nov. 30. A special corn show in connection with the boys' show will be open to both men and boys, with special prizes

Nashville.-Arthur Bain of Camden. Tenn., charged with complicity in wrecking a bank at Wartrace, several in the federal prison at Atlanta. W. H. Hooser, cashier of the bank, is now a mixture of chopped cooked spinach.

Johnson City.-Fire destroyed the main building of Milligan college here, causing a loss of \$35,000. Only one building remains, the sitis dormitory, and it is announced that the school will be continued. Among the student body are many from the student army siderable of their personal property.

firms the death of their son, Lieut. Charles McGhee Tyson, and states that the body has been recovered and will be brought to Knoxville for burial. ninth Brigade, Thirtieth Division, A.

arrangements for having his son's body returned home.

have again attested their patriotism. raising \$331,089 for the activities of the war work organizations ministers ing to the soldiers and sailors.

Royal Air Force.

of a free will offering in the history of the county practically ended when in their final meeting the team captains, and team members and team members ! With a quota of \$475,000, the 21 counties - including Shelby - raised

\$553,654, an oversubscription of more than \$78,000 for the district. The quota of Shelby county was \$267,000. Jackson.-Thursday was set aside to

celebrate as centenary day by the Methodists of Jackson and of the whole Memphis conference. The centenary missionary effort inaugurated by the M. E. Church, and to commence during the new conference year, provides for raising \$35,000,000 for varied missions during the five-year period succeeding. Prominent laymen of the church participate in this movement, as well as all of the bishops, presid-

ing elders, preachers and secretaries. Bishop James Atkins presided over the sessions of the conference, which was scheduled to be held in the First Methodist church. The Memphis conference is one of three conferences included in the episcopal district of Bishop Atkins, the other two being the North Alabama conference and the Tennessee conference.

The Memphis conference includes all the Methodist churches of the city of Memphis and of West Tennessee. There are in this conference eight districts, each under a presiding elder. as follows: Brownsville district, J. V. Freeman, presiding elder; Pyersburg district, W. C. Waters, presiding eld.
er: Jackson district, W. D. Jenkins. the mest and the result is a betterpresiding elder; Lexington district, J. N. Pickens, presiding elder; Memphis district, T. E. Sharp, presiding elder; Paducah district, L. D. Hamilton, presidins elder; Paris district, W. W. Adams, presiding elder; Union City and good-flavored dish. district, W. W. Armstrong, pe siding

celebrate the passing of the century which Judge Malone has appeared and edges. spoken of the plan.

Nineteen hundred and nineteen is not only the one hundredth birthday of the city of Memphis, but it is the centennial of the founding of Shelby county as well. It is, further, the one hundredth year since the laying of the first boundary line between the states of Tennessee and Mississippi. All of there things, and many more which should be of prime interest to all who love our home country, were told by Judge Malone in his addresses before the various hodles he sought to tak up the centennial program and carry

Your part in the war is to produce s much as possible, consume as little the government. Are you facing your task as cheerfully as our fighting men face theirs? Are we worth the sacriice they are making for us?

GOOD AND ECONOMICAL DISHES.



PAGHETTI or ravoli paste may be prepared at home, making an economical and tasty dish at small cost. Prepare the paste by mixing together two-thirds of a cupful each of wheat flour, rye and barley, add two un-

beaten eggs and one-fourth of a cupful of cold water, or sufficient to make a very stiff paste. Turn out on a floured board and knead thoroughly, until even in color, then if used for spaghetti or noodles, cut in strips and years ago, was sentenced to five years let them dry for a while. The paste may be cut in squares and filled with serving on a five-year term, having chard, and parboiled call's brains, pleaded guilty in 1916.

Cover each square with another piece of the paste, pinch the edges together and drop them into bolling salted wa-ter, cook 15 minutes and serve with a tomato sauce.

Rice Pudding.-West one and a third cupfuls of rice and cook until tender in boiling salted water. Drain and add three tablespoonfuls of sugar and four tablespoonfuls of corn sirup. training corps. Many of the boys were Butter a pudding dish and put in a attending a football same and lost con layer of rice. Peel three apples and spread a layer of sliced apples over the rice. Alternate the rice and ap-Gen. L. D. Tyson to Mrs. Tyson con- ples until all are used. Bake in a mod-

Oatmeal-Graham Bread.-Take four cupfuls of ground oatmeal or oat flour, four cupfuls of wheat flour, three cup-fuls of liquid, one yeast cake, two cup-Gen. Tyson, commander of the Fiftyninth Brigade, Thirtieth Division, A. E. F., went to England immediately after signing of the armistice and made ter signing of the armistice and made shortening. Mix and prepare as usual.

Onlon on Casserole.-Peel and cook a half-dozen medium-sized onions in Lieut. Tyson's death resuited from a seaplane accident off the English coast Oct. 11. Young Tyson belonged to the with a white sauce, using a fourth of a cupful of chicken fat, and the same Memphis.—By oversubscribing the two cupfuls of milk, salt and pepper United War Work Campaign quota for to season, add a beaten egg and pour Shelby county by many thousands of the onions; let cook well covered Shelby county by many thousands of over the onions; let cook well covered dollars, Memphis and Shelby county ontil the egg is set. Serve from the

really good memory is one that ad of injuries. A good mem-red with uneful things. It is pleasures rather than its and so is a storehouse of

FUL HINTS AND DISHES.



HE secret of a good stuffing or forcement is one not solved by all cooks. Here is one used by an old cook which will appeal to many who object to the soggy indigestible stuffing, so frequently served:

Break stale bread in small pieces and cover with cold water; never use hot water unless you like it soggy and heavy. Drain and squeeze the water out with your hands. If it still seems wet, add dry crumbs to absorb the extra moisture. Now senson well with salt, pepper, finely minced parsley and sweet marjoram; the kind and amount of seasoning depends upon your own taste. For a quart of stuffing take three good-sized onlons, chop fine and fry in butter until they are cooked through; butter means any sweet fat, though of course the butter gives a most delicious flavor. Turn the onlons when a light yellow into the bread and mix all together. Then add a little more fat to the frying pan and turn in the stuffing; when it begins to brown, stir often; cook a half-hour if care is taken not to overbrown it. then put it piping hot into the fowl or mest of any kind; the flavor goes into flavored breast of veal or turkey. If one has a small amount of meat

left, chop it and use this same stuffing in alternate layers with it with plenty of gravy, making a most economical

Graham Wafers.-These are so much better for the children to eat than rich cookles and so much cheaper made Memphis.-This city is to have a at home that they are worth trying. real birthday party. She is going to Take one quart of good graham flour. one tablespoonful of sugar, one-half mark of her existence in May, 1919, if tenspoonful of salt, one-half tenspoona movement fostered by the Hon. J. ful of baking powder, two tablespoon-H. Malone finds the ready response in fuls of sweet fat, and a good cupful of the hearts of the general public that it wilk. Mix and sift as usual, kneed has already found in the county court, well and roll out one-fourth inch in the city commission, Rotary club, Li thickness. Cut into small oblongs and ons' club, Kiwanis club and a number bake in a hot oven, watching carefully of civic welfare organizations before as they will burn rendly around the

> Economical Cake.-Cream two table spoonfuls of butter, add a cupful of sugar, one and three-fourths cupfuls of pastry flour, two tenspoonfuls of baking powder, the yolk of an egg unbenten. Dissolve one and one half squares of chocolate in the milk over lyke my boy Josh's." bot water. Sift the flour and baking powder together; if a burter substitute is used, he sure to add sait. Mix and bake as a layer of loaf cake. The egg white may be used for freeting, it

When Children are Sickly

are Constipated, Feverish, Cry out in their sleep, Take or easily, Have Headaches, Stomach or Bowel trouble, Try **MOTHER GRAY'S** SWEET POWDERS

FOR CHILDREN

They are pleasant to take and a certain relief. They act on the Stomacl Liver and Bowels and tend to correct intestinal disorders. 10,000 testimonia from mothers and friends of little ones telling of relief. No mother should be without a box of Mother Gray's Sweet Powders for use when needed. Ask to-day. The need of them often comes at inconvenient lours.

Used by Mothers for over thirty years. Do Not Accept Any Substitute for MOTHER GRAY'S SWEET POWDERS. Sold by Druggists everywhere. Sample sent FREE. Address MOTHER GRAY CO., LE ROY, N. Y.

As Age Advances the Liver Requires



occasional slight etimulation. CARTER'S LITTLE LIVER PILLS CONSTIPATION Brent Good

Colorless or Pale Faces usually indicate the absence of Iron in the blood, Carter's Iron Pills

Acid-Stomach Victims Sickly, Weak, Unfit, Depressed

Maybe you have an acid stomach—and don't know it! There are millions of such people—week, alling, tired, worn out and "all in" before the day is half gene—listless and halifferent to their surroundings—often with sches and pains all over the body—weetuily lacking in physical power and mental vigor—paie, emaciated—just dragging out a weary existence. Nine out of every ten of these people are unconscious victims of acid stomach.

Thousands upon thousands of people who are subject to attacks of indigestion and hillionsness; who are nervous, melancholy, mentally depressed, who suffer from rheumatism, lumbago or sciatics—yes, even many of those who lave catarrh, where or cancer of the stomach—if the trouble is traced to its source, it will often be found to be just acid-stom ach. For these are only some of the allments that are caused by what the decitors call superacidity, which is another name for sour or acid-stomach.

What you want to know above all else is how to quickly rid yourself of excess acid. A wonderful modern remedy called EATONIC literally wipes it out. It does the work easily, speedily and naturally. It makes the stomach pure, sweet, cool and confectable. It helps you get fuil strength out of every manthful of good you cat and unless you Do get full strength from your food you cannot enjoy robust, vigorous health.

cannot enjoy robust, vigorous health.

You eat to LIVE. Your life depends on the strength you get from your foad. There is no other way.

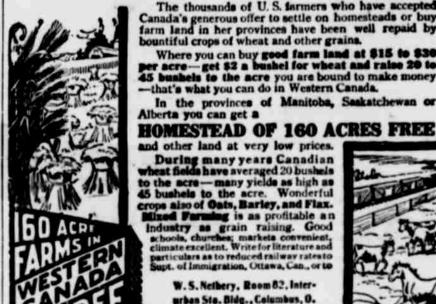
EATONIC is in picasant tasting tablet form—just like a bit of cane). We urge you—no matter what you have tried—take Eatonic just one week and fud—out for yourself how wonderfully improved you will foel. Nee how quickly EATONIC bankshes the immediate effects of acid stomach—bloat, hearthurn, helching, food repeating, sour, gassy stomach, indigestion, etc. See too, low quickly your general health improves—how much more you relish your food—how much more easily it is digested—how soundly you sleep—how nervousness and tritability disappear. And all simply because by taking EATONIC you have rid your stomach of a bot of excess acid that has been holding you back and making your life miserable.

EATONIC is absolutely harnless. Hean be taken by the most delicate. Telm of thousands of people who have used it are enthusiastic in its praise.

EATONIC is absolutely guaranteed, so get a big 50c box from your dengalet. If it does not help you your money will be refunded. If your druggist does not keep (LATONIC, send your name and address to the Eatonic Remedy Company, 1018 S. Walnesh Ave., Chicago, Id., and they will at once mail you a 50c box and you receive 11.

When you have a severe, stubborn cough or cold, you need the best possible medicine you can get. Why not, therefore, get one which is guaranteed the most soothing and satisfactory remedy ever used, or get your money back! Druggists everywhere are authorized to refund money if SCHIFFMANN'E EXPECTORANT is not found the very best ever used for Coughs, Colds, Bronchitis, Croup, Whooping Cough or Hoarseness. When mixed at home with honey or sugar syrup, 50 cents worth makes 64 teaspoonsful. Positively contains no chloroform, opium, morphine or any other narcotic, and is unlike any other cough medicine. It is so pleasant to take that children are fond of it. In case druggist should not have it order direct of R. J. Schiffmann, St. Paul, Minn.

Are Common in Western Canada



The thousands of U.S. farmers who have accepted Canada's generous offer to settle on homesteads or buy farm land in her provinces have been well repaid by bountiful crops of wheat and other grains.

Where you can buy good farm land at \$15 to \$30 per acre—get \$2 a bushel for wheat and raise 20 to 45 bushels to the acre you are bound to make money—that's what you can do in Western Canada. In the provinces of Manitoba, Saskatchewan or Alberta you can get a

and other land at very low prices. During many years Canadian wheat fields have averaged 20 bushels to the acre—many yields as high as 45 bushels to the acre. Wonderful crops also of Oats, Barley, and Flax.

Blixed Farming is as profitable an Industry as grain raising. Good schools, churches, markets convenient, climate excellent. Write for literature and particulars as to reduced railway rates to

articulars as to reduced railway rates to upt. of Immigration, Ottawa, Can., or to W. S. Netbery, Room 82, Interurban Sta. Bldg., Columbus, O. Canadian Government Ag



Strong Prejudices.

"The American people do not care or 'The Watch on the Rhine."

"I should say not." "I don't believe they would even dance to it if it were syncopated."-Pirmingham Age Herald.

Granulated Eyelida Ettes, inflamed Eyes relieved over night to Forman Eye Balgam, time trial proves its merit. Adv.

A Realizing Sense. "You made the old place produc-

his yent. "You but I did " replied Farmer Corn maci. There's millions of young felour ear in France with appelites Jest

Dr. Frederick Pridham of Johns Hopkins university announces discovers of a specific for rheumstism.

When Your Eyes Need Care Try Murine Eye Remeds It suggests of soul . Write for Free Res Book.



BRAND NEW SELLER-10 live agents we have, get this, by prefits, unlimited tongens W. Hewett, 750 Strating St., Detroit, PVERVIENDY Suffering Piles, Pinnices, Flature Uncertaint Constitution, Riccing, Relaing, Writ-free trial, Painless Pile Circ. 8, L. Tarap, Andrea, I.

Preservo Waterproofs Asything Clothen, steen bart if it fails Printin Co., 2018 Jeffermen ber, Barte

Persistent Coughs are diagrams. Get prompt relief from l'inn's. Stops strikatern; soothing. Effective and safe for young and old. No opiates in

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